



CREMNOS

THE NURTURE HOUSE



ΘΡΕΨΗ

noun

In Greek, "Threpsi" means nourishment, a gentle embrace of care, nurture, and devotion. It is the essence of what one needs to flourish, body, mind, and soul. Where tenderness meets vitality, and every moment becomes a step toward wholeness.

TO BEGIN WITH	Greek salad	17.00 €	MAINS	Corn fed chicken breast	30.00 €
	<i>cherry tomatoes, cucumber, onion, peppers, olives, Seliani Cretan Feta cheese</i>			<i>feta cheese polenta, corn textures, brown chicken sauce</i>	
	Beef tartare	22.00 €		Beef tagliata	33.00 €
	<i>egg yolk cream, caviar, topinambur, crispy potato</i>			<i>sweet potato cream, asparagus, thyme sauce</i>	
	Guacamole 🍷	12.00 €		Tuna tataki	32.00 €
	<i>coriander, lime, chili, crispy tortillas</i>			<i>avocado, grilled carrots, truffle ponzu, sesame furikake</i>	
	Chicken salad	19.00 €		Rib eye steak	35.00 €
	<i>anchovy sauce, sourdough croutons, Parmesan cheese</i>			<i>fried potatoes, mushrooms, bbq</i>	
	Tzatziki	8.00 €		Falafel 🍷	24.00 €
	<i>baked wholegrain pitas, olive oil</i>			<i>creamed zucchini , sauteed kale, pine nuts</i>	
	Poke bowl 🍷	21.00 €		Sea bass fricasse	30.00 €
	<i>chickpeas, baked sweet potato, avocado, vegetables, sesame</i>			<i>kale, lettuce, dill, beurre blanc, herring caviar</i>	
	Green salad	18.00 €		Beef burger	25.00 €
	<i>grilled Haloumi cheese, cashew nut, crispy quinoa, pomegranate, raspberries vinaigrette</i>			<i>cheddar cheese, caramelized onions, tartar sauce, tomato, lettuce</i>	
				<i>*Served with fries</i>	

HOT PLATES	Lamb couscous	29.00 €	SWEET ENDINGS	Sorbet and gelato selection 🍷	scoop / 3.5 €
	<i>black garlic, Graviera cheese, rosemary sauce</i>			Pistachio and chocolate	11.00 €
	Fried potato rocks	12.00 €		<i>crispy kataifi, bitter chocolate sauce, pistachio parfait</i>	
	<i>brown butter foam, paprika, oregano</i>			Pate cigarette	14.00 €
	Grilled octopus	23.00 €		<i>bitter chocolate namelaka, crumble, hazelnut praline ice cream</i>	
	<i>fava beans cream, cherry tomatoes confit, caper leaves</i>			Halvas	13.00 €
	Sea food risotto	30.00 €		<i>semolina cream, caramelized walnuts, strawberry sorbet</i>	
	<i>shrimps, crayfish, calamari, curry-espresso foam</i>			Greek cheese board	19.00 €
				<i>Cave-Aged Cretan Graviera</i>	
				<i>Metsovone smoked cheese</i>	
				<i>Arseniko Naxos cheese</i>	
				<i>Geremezi Epirus goat cheese</i>	
				<i>*Served with chutneys, nuts & breadsticks</i>	

